



## **Walk! Tullahoma Pedometer Pledge**

**My health is important to me and my family. That's why I, \_\_\_\_\_, am making a commitment to take control of my health.**

**Because I'm responsible for my own health, I pledge to:**

- Walk 7,500 steps every day**
- Make healthy food choices**
- I will use my health for good in my community**

**Signature**

\_\_\_\_\_

**Date**

\_\_\_\_\_